OKING, LIVE FOREVER

SO SAID HIS SUBJECTS, AND THE KING BEGAN TO DO IT.

ongevity Which Will Enable on Men to Follow the Example of the Monarch-Mr. William Kinhear's

"And they said, 'O king, live forever!' Whereupon the king immediately began to live forever." This fragment of history, preserved in the chorus of a college song, used to be regarded in earlier days rather as a singular instance of royal condescension than as encouraging any personal efforts at immortality. In one of Mr. Andrew Lang's stories a young Oxonian, when confronted with a ghostly coach and six, tried to with a ghostiy coach and six, tried to reassure himself by the reflection that a ghost would hardly put himself to all this trouble and expense for a mere undergraduate. All undergraduates are not gifted with the same praiseworthy humility, but without any undue diffidence most of the testing felt that the dence most of us tacitly felt that the honors of immortality were probably beyoud our reach. However, for this later and more fortunate generation Mr. William Kinnear has come to the rescue. It seems that he had been maturing a little plan for living 200 years in average good

The announcement is attractive, but we must confess that, on investigation, it seems to us full of disappointment. It is possible that Mr. Kinnear's method of life may promote good health, but so far as comfort is concerned it falls dis-This is an objection common to nearly every system which aims at making man something more than human. The element of asceticism in our nature is almost as strong as our selfishness. In every age there have been people who cherish the conviction that they can but attain spiritual excellence by making themselves needlossly uncomfortable.

Mr. Kinnear is comparatively moderate in his promises, but his rogime, like the rest of them, is branded with the curse of discomfort. It seems that the chief enemies to vitality are the air we breathe, the water we drink and the bread and meat we eat, all of which apparently conspire to form earthly doposits of a gelatinous and fibrinous character in our unfortunate system. These deposits, which mostly consist of carbo-nate and phosphate of lime, interfere with the physical functions generally, and in particular impede the proper repair of tissue.

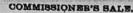
Moreover, it is to their constant and increasing presence that the stiffness and drynoss characteristic of senility are due. Hence if we wish to prolong life and avert, in part at any rate, the inconveniences of old ago we should minimize these earthly deposits. Unfortunately we cannot dispense entirely with air, water and food, but we can combat the mischievous effect of atmospheric oxygen by the use of phosphoric acid. By drinking distilled water only we es-cape the calcareous salts which ordinary water would deposit in our tissues, and by avoiding everything fit to cat we may render our daily food comparatively innocuous. Practically his recommendations come to this: Abstain from bread, meat and nitrogenous food generally and live upon apples and distilled water flavored with phosphoric acid.

Such a menu is a high price to pay for longevity, and after an orgic con-ducted on these lines for two centuries the proselyte would probably be able to give an emphatic answer to the question, "Is life worth living?" The monotony of the regime is alone sufficient to make it distasteful, but the objections to it strike somewhat deeper than this. Nitrogen possesses to a peculiar extent the power of holding other chemical substances in combination. This is at once the cause of the stability, as it is called, of nitrogen compounds and of the tremendous power which many of them display. Nitrogen enters largely into the composition of muscular tissue or flesh and thereby becomes the chief source of physical energy. To diminish the supply of nitrogen as Mr. Kinnear proposes would almost inevitably produce a chronic lassitude. Nor is this the only danger, for the patient (this really seems the most appropriate word), cut off from his usual nitrogeneous diet, would be tempted to supply the want by a larger consumption of the vegetable foods left open to him and thereby to overcharge his system with carbon.

A dietary doctrine which proclaims that "in the necessary elements of nu-trition lurk the enemies of life" may fairly be regarded with preliminary suspicion. But even with this proposi-tion accepted it is surely fatal to Mr. Kinnear's claim that to follow his sys-tem is to live according to nature in the highest and finest sense. If nature judictonsly doctors our necessary foods with slow poison, it is clear that she cannot intend us to cumber the earth too long. If she does not Mr. Kinnear's theory collapses. But whether his diagnosis be right or wrong it seems fairly clear that nature does not look with fa-vor on an abnormal length of life. According to Professor Weissman nature only favors the survival of the individual so far as it is necessary to provide for the perpetuation of the species. The moment this point is passed the forces of nature turn against him. The species can probably take care of itself physiologically without any persuasion on our part, but the social and political inconveniences which attend any wide suc-cess of Mr. Kinnear's system cannot be contemplated without dismay. These are sufficiently obvious to any unprejudiced mind and form far too delicate topic for discussion here. On one point, however, we must confess to what we trust is a pardomble curiosity. How old is Mr. William Kinnear?-London World

Cool Request.

"Oh-er-Jarvis-would you mind



ley, thence with said alley west 40 feet to Edge-wood street, thence north with Edgewood street 130 feet to the place of beginning, being known as lot No. 1, section 3, according to the map of the Belmont addition to the city of Roanoke. TERMS: Cash as to unough to pay the cost of

Cork

COMMISSIONER'S NALE OF VALUABLE residence property in the city of Roanoke, Virginia—By virtue of a decree entered in the corporation court for the city of Roanoke, on March 30th, 1894, in the chancery cause therein pending, styled New York National Building and Loan Association vs. George Washington et ux, I, the undersigned, appointed by said court as special commissioner in said cause for that purpose, and the said defendants failing to pay the money therein decreed to be paid within the time therein limited, will, ON MONDAY, THE 18TH DAY OF JUNE, 1894, AT 1245 O'CLOCK P. M., proceed to sell at public anction to the highest bidder, in front of the courthouse in the city of Roanoke, all that certain parcel of land, Jing in the said city, and described as follows:

Being a portion of lot No. 2, seetion 2, of the Rogers, Fairfax and Houston addition to the city of Roanoke. Said bot has a frontage of 25 feet on West Patton street and runs back between parallel lines 130 feet, more or levs, to an alley, with equal width from front to rear line.

TREMENS: Cash as to enough to pay the cost

for nonhose toly members ander the decre required of the commissioners under the decre above referred to has been executed. 5 23 tds S. S. BROOSE, Clerk. A

All Solver E. Frank, F. Buillington, W. F. All Solver E. Frank, F. Buillington, W. F. All Solver E. Frank, F. Buillington, W. F. Buillington, W. F. Burley, J. F. Boone, R. Stown Camp, G. P. Agne, J. F. Boone, R. Stown Camp, G. P. Boone, R. Stown, M. Statett Morgan, C. P. Hicks, J. W. Bancock, V. Il. Pappe, B. A. Byrd, Mrs. S. A. Brown, M. W. Mitchell, F. L. Dock, J. A. Bragaesa, Geo. Rench, W. E. Barber, C. F. Manditted, and default and and fines therein standard, and default and and the same bare and an excellent on the highest bidder, and the same property of the said interest, dues, premiums and fines therein standard, and dearth having been adentified by patient of the said interest, dues, premiums and fines the interest, dues, premiums and fin deed of trust on the property sold.

6 1 td GEORGE W. THOMAS, Trustee. 33

Dy Virtue of A Deed of Trust Excellent of the control of the paid, and default having occurred in the payment of said dues, premiums and fines therein stipulated to be paid, and default having occurred in the payment of said dues, premiums interest and fines for the space of three months and more, and being requested so to be by the National Savings and Loan Association, I will ON SATURDAY. THE 20TH DAY OF JUNE, 1844, AT 11:20 A. M., in front of the courthouse of Roanoke city, sell at public auction to the highest bidder all that certain lot or parcel of land lying in the city of Roanoke and described as follows:

Beginning at a point on the south side of Shenandoah avenue, m. w. 3; feet cast of Tenth street, thence with Shenandoah avenue, in an easterly direction (30) thirty feet to a point, thence in a southerly direction between parallel lines (130) one hundred and thirty feet to the land of the Norfolk and Western railroad.

TERMS:—Cash enough to pay off the amount of said toond with the arrearagee due thereon, amounting this trast and to pay off the amount of said toond with the arrearagee due thereon, amounting this trast and to pay off the amount of said toond with the arrearagee due thereon, amounting this taggregate to \$596.75, as of June 1, 1894, and balance, if any, in one and two equal annual installments, due in one a

D'VIRTUE OF A DEED OF TRUST, EXE
W. Wade, T. T. Wade and J. E. Chaffin, composing the firm of Wade Bro. & Chaffin, which dee
is recorded in the clerk's office of the Husting
Court of the city of Rosnoke, in deed book &

cetate, situated in the city of Koanoke, Virginia, lying on the north side of Gillmer street, to-wit:

Beginning at a point on the north side of Gillmer street, to-wit:

Beginning at a point on the north side of Gillmer street, thence with same south 83 degrees east 90 feet to a point and corner of land of Henry Hanna, thence south 2 degrees west 125 feet to Gillmer street, thence with Gilmer street, thence with Gilmer street, thence with Gilmer street north 88 degrees west 30 feet to the beginning and containing 11,250 square feet, more or less.

TEKMS: Cash as to to so much as may be necessary to defray the costs of sale and to pay the sum due to the Roanoke Land and Improvement Company on account of default in the payment of the said instalment, being \$338.50 with interest from the 31st day of January, 1803, and to pay the truster's commission of 5 per cont., and the balance, if any, to be made payable in two equal payments at one and two years from date of sale, evidenced by interest-bearing, negotiable notes, to be secured by deed of trust upon the property sole and the secured by deed of trust upon the property sole and the secured by deed of trust upon the property of the secured by centre of all parties.

4 21 tds.

JOSEPH I. DORAN, Trustee.

**YRUSTRE'S SALE—BY VIRTUE OF A CERtain [deed of trust from J. J. Farrar to the undersigned trustee dated the 25th day of June, 1801 and recorded in the clark's of fice of the Hustings Court for the city of Roanoke, in deed book 68, page 356, for the purpose of securing a certain note of \$400, and the lasting court for the city of Roanoke, in deed book 68, page 355, for the purpose of securing a certain note of \$400, and the court house at 12 o'clock m., ON THE 19711 DAY OF JUNE, 1894, offer for sale at public anciton the following described property: Two certain lots of land situated in the city of Roanoke, Va., and bounded as follows:

Beginning at a point on the cast line of Twelfth street, thence along same north 21 degrees 30 minutes east 30 feet to the beginn

TRUSTERS' SALES.

Cured and the costs of executing the trust

RUSTEE'S SALE OF A LOT AND SIX room hone situated in the city of Roanoke, Va., and described as follows:

Reginning at a point on the sonth side of Jamison street 30 feet west of Belmont boulevard thence with Jamison street south 74 degrees 30 minutes 45 seconds west 49 feet to a point on same, thence sonth 16 degrees 29 minutes 15 seconds east 130 feet to an alley, there with said alley north 74 degrees 30 minutes 15 seconds west 130 feet to an alley, there with said alley north 74 degrees 30 minutes 10 seconds east 40 feet to a point on same, thence north 15 degrees 30 minutes 15 seconds west 130 feet to the point of beginning and known as lot No 8, section 18, on map of the Belmont Land Company.

By virtue of a deed of trust from George W. Craig to the undersigned, dated the 20th day of February, 1801, and recorded in the clerk's office of the Lustings Court for the city of Roanoke, Va., in deed book 61, page 71, to secure the Home Building and Conveyance Company the payment of certain sums of money therein named, default

dred and thirty (19) feet to an alley, these east slong the north side of said alley thirty even and a half (37k) feet to a point, thence north one hundred and thirty (130) feet to said Charles street, thence west slong the south side of said Charles street thirty-seven and a half (37k) feet to the place of beginning.

TERMS: Cash.

5 10 tds.

TRIWS: Cash.

5 10 tds

21

TRUSTEE'S SALE—UNDER AND BY VIR
inc of a deed of trust executed December 6,
inc of a deed of trust executed December 6,
trustee, certain property therein described, which
deed is of record in the clerk's office of the corporation court of Roanoke city in deed book 79,
page 323, to eccure to the People's Building, Loan
and Saving Association, certain debts therein
mentioned, and by virtue of an order of the said
corporation court of said city of Roanoke appointing Jas. S. Groves trustee in the place of
the said waiton, default having been made in the
terms of the said deed, and being required so to
do by the beneficiary, I shall on the 11711 DAY
OF JUNE, 1894, at the front door of the court
house in said city of Roanoke, at 12 o'clock m,
offer for sale to the highest bidder in execution
of the said trust the property conveyed in said
deed particularly described as follows:
Beginning at a point on the north side of Watts
street 50 feet west of Lewis street in said city,
and ranning thence west along the north line of
said Watts street fifty (30) feet to a point; thence
north at right angles with said Watts street one
hundred and thirty (130) feet to a point; thence
east along the southerly inneof said alley fifty (50)
feet to a point; thence south one hundred and
thirty (130) feet to an alley; thence
east along the southerly inneof said alley fifty (50)
feet to a point; thence south one hundred and
thirty (130) feet to a point; thence
south as of the section 13, of the Lewis Addition to said city.

TERMS—Cash.

JAS, S. GROVES,
5 10 td

TRUSTEE'S SALE—UNDER AND BY VIR
the proper of the said alley fire of the said alley of the proper of the said alley fire of the proper of the said al

TERMS—Cash.

JAS. S. GROVES,

Substituted Trustee. 20

TRUSTEE'S SALE—UNDER AND BY VIR

Itue of a deed of trust executed on Decembe
27, 1892, by T. L. Sarles and Mailmad Sarles, his
wife, conveying to E. A. Walton, trustee, certain
property therein described, which deed is of
record in the clerk's office of the corporation
court of Roanoke city, deed book 80, page 227, to
secure to the People's Building, Loan and Saving
Association certain debts therein mentioned,
and by virtue of an order of said corporation
court of said city of Roanoke, made December
30, 1893, appointing Jas S. Groves trustee in the
place and stead of said E. A. Walton under the
said deed, default kaving bea made in the torms
of the said deed, and being required so to do by
the beneficiary. I shall ON THE HTPI DAY OF
JUNE, 1834, at the front door of the courthouse
of the said city of Roanoke, at 12-20 o'clock p. m.,
offer for sals to the highest bidder, in execution
of said trust, the property conveyed in said deed
particularly described as follows:

All that certain lot or pacel of land lying in
the city of Roanoke, in the State of Virginia,
bounded and described as follows: Reginning
at a point on the nort side of Elm street 100 feet
west of park street, fronting 50 feet on Elm
street and running back 130 feet to an alley and
known as lot 24, section 8, Lewis Addition.

TERMS: Cash:

JAS, S. GROVES,

510 tds

JAS, S. GROVES, Substituted Trustee. 19 5 10 tds

TRUSTER'S SALE-UNDER AND BY VIR-tue of a deed of trust executed February 23, 1892, by E. M. Dawson and Annie M. Dawson, his

THUSTERS BALB. TO

im from date of sale.

J. ALLEN WATTS.

Trustee. 16

Forced Sale of Horse, Wagon and Harness and a Valuable Engine, Boiler and Kettles. Also a Melrose Lot.

Melrose Lot.

Dy Virtue of a Deedof Trust dated by Jaly 1, 1893, and of record in the office of the clerk of the county court for the county of Roanoke in deed book No. 12, page 51, also of record in the office of the clerk of the linstings Court for the office of the clerk of the linstings Court for the office of the clerk of the linstings Court for the office of the clerk of the linstings Court for the office of the clerk of the linstings Court for the office of Roanoke, Virginia, executed by F. M. Taylor to Roanoke, Virginia, executed by the formal for \$130 at sixty days; one for \$140.72 at ninety days, and one for \$130.81 at one hundred and twenty days, payable at the Commercial National Bank at Roanoke, Va., to the said F. B. Ludwig, agent for the Armour Packing Company, or order, and
Whereas default has been made in the payment of the said notes, and having been required by the holders of them so to do. I will On MON-BAY, MAY 14711, 1894, AT 12 O'CLOCK NOON, AT FRANK M. TAYLOR'S SLAUGHTER HOUSE ON TINKER CREEK IN THE CITY OF ROANOKE, VA., sell at public anction, to the highest bidder, the following property or so much thereof as may be necessary to discharge the above described notes and the expense of executing this trust.

ONE 4 HORSE POWER BOILER AND 1 5-RORSE POWER ENGLISH, 3 SCALDING KETTLES, now In slaugter house on Tinker creek in Roanoke city belonging to the said F. M. Taylor, also I 1-HORSE WAGON MANUFACTURED BY E. R. GRAYATT OF ROANOKE, VA., 1 SET SINGLE HAINESS AND 1 SORRE, MARE.

These articles are all in drst-class condition and are now being used by the said F. M. Taylor, also in connection with his slaughter house on Tinker creek in Roanoke city belonging to the said F. M. Taylor, also in connection with his slaughter house on Tinker creek in Roanoke City Scionging and the seconds west 10 feet to the place of beginning; and designated on the Melrose L

whole
TERMS OF SALE: Cash.
The lot of land is sold subject to a prior deed
of trust to Kdward Lyle, trustee, to secure Jacob
rates! the payment of the sum of \$100.
S18 tds. EDWARD LYLE, Trustee.
By consent of all parties concerned the above
sale is postponed until Monday, July 16, at same
time and place. EDWARD_LYLE, Trustee
5 12 tds.

pretending to pick a quarrel with me and just giving me a push, you know? want to test the pluck of this big dog f mine."-London Answers.

The Chas. E. Hires Co., Philada

BY THE GOVERNOR OF VIRGINIA—
PROCLAMATION. — Information having been received by the executive that on the fifth day of May, 1884, near Eagle Rock, in the country of Botetourt, in this State, the crime of rape was compilited on the received.

justice. Said oner or reveal ninety days from this date. Given under my hand as Governor, and under the lesser scal of the Commonwealth, at Rich-mond, this 16th day of May, 1894

SHAL.

By the Governor:
J. T. LAWLESS,
Secretary of the Commonwealth
5 19 taw 2 w

SARAH C. SAVAGE ET AL. VS. E. W. Robertson, Sub. Tr., et al. In Chancery. To. Sarah C. Savage, C. E. Henderson, F. Sitterding, complainants, and such other Hencreditors of The Roanoke Construction and

COMMISSIONERS' BALES

COMMISSIONER'S SALE OF VALUABLE of the city of Roanoke, Virginia By virtue of a decree entered in the corporation court for the city of Roanoke, March 30, 1884, in the chancery cause therein pending, styled New York National Building and Loan Association vs. James II. Crabili, et al. I, 1884, and balance, if any, in one and two equal annual installments, due in one and two years purpose, and the said defendants failing to pay the money therin decreed to be paid within the special commissioner in said cause for that purpose, and the said defendants failing to pay the money therin decreed to be paid within the size of the property soil.

Strill DAY OF JUNE, 1884, AT 1 O'CLOCK P. M., proceed to sell at public anction to the lignest bidder, in front of the courthouse in the city of Roanoke, all that certain parcel of land lying in the said city and described as follows:

Beginning at the southeast corner of Tazewell avenue and Edgewood street, thence cast with Tazewell avenue 40 feet to a point, thence south parallel with Edgewood street 130 feet to an al-

thereon contained, likewise all the fron ore, fuel, sand, limestone, laboratory msterials, tools appliances and all the personal property of whatever kind, all of said property being owned by the Bristol fron and Sieel Company. The plant is a mammoth one, being well constructed, and one of the best situated blast furnaces in the whole country.

TERMS OF SALE: Enough cash to pay off the costs of these salis, the costs of said sale, the amounts owing by the receiver in said causes, and an additional sum of \$5.00, the resione of the parchase money in three equal credit instalments, at hiso, fifteen, and twenty one months from the day of sale, the said instalments bear-

TRUSTEES' BALES BY VIRTUE OF A DRED OF TRUST EXE-